

# Ask The Professionals

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**MANON Dulude**  
PROFESSIONAL COUNSELING SERVICES  
905-873-9393



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**Q:** I am dissatisfied with my life and don't know what I want. How can a coach help me clarify what I want for my future?

**A:** When asked about what it is they want, many find themselves with an empty wish list. There are all sorts of reasons and excuses why individuals stop dreaming and wishing for what they want. Lack of vision, confidence, and negative personal beliefs are some of the challenges which interfere with creating a fulfilling life.

I often meet individuals who do not have a clear vision for their future. Whether they scaled down their vision and eventually let go of it due to failures and discouragement or they had achieved their goals and did not think of setting new ones, many are left with little direction and fall into an unchallenging routine.

The unfortunate impact of an unchallenging routine can be a sense of boredom and futility. When individuals are in that state of mind, they sometimes make poor choices in an attempt to shake the boredom they live.

Coaching is a process meant to assist one to look beyond their self-imposed limits where an exciting life vision, goals and "WANTS" have a place. Your coach will challenge your mindset, invite you to redesign a comprehensive life vision, set goals, and take control of your personal, professional and financial future. Coaching assists you in breaking down your vision into manageable steps and keeps you focus on working through them. Your coach will emotionally support you and encourage you to creatively overcome your obstacles.

Whether you want to take your business or career to the next level, reach a particularly challenging personal goal, or plan the next phase of your life, working with a coach is an effective approach to achieving personal clarity and success. Your coach will get you through the foggy patches and keep you inspired to stay the course.

Manon Dulude is a Certified Professional Coach with the International Coach Federation. She works with individuals and businesses. She can be reached at 905 873 9393.

**Mountainview Residence & Terrace**

owned and operated by the Summer family  
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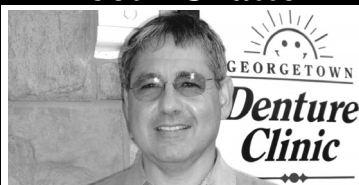


Christoph Summer  
Owner/Administrator

**Because of the many benefits of gardening for seniors, we are offering the following gardening suggestions instead of answering a question this month:**

- Carry a whistle or cell phone.
- Check medications for reactions to the sun.
- Garden early or late in the day to avoid the heat.
- Use faucets that enable turning water on and off easily.
- Raised beds or beds that are narrow are easier to tend.
- Try vertical planting using trellises or walls.
- Hanging baskets can be raised/lowered by using pulleys; containers are easier to move if on castors.
- Wide, level, garden paths allow for safer walking and permit use of labour saving carts.
- Buy equipment that makes gardening easier such as light, large-gripped, ergonomically designed tools, kneeling benches with sides and garden wagons
- Paint the handles of your tools a bright, easy-to-see colour.
- Purchase materials in smaller packages to avoid the stress of lifting heavy bags.
- The water source should be near the garden and use a soaker hose, as water is heavy to carry.
- In the heat, wear lightweight, loose fitting clothes of cotton, wide-brimmed hats and of course, sunscreen.
- Take time to smell the flowers.

## Tooth Chatter



**WAY BACK WHEN...**

The Wild things people have done to hang on to their teeth are enough to make your molars ache!

Chances are, you brushed your teeth today... probably with a pleasant, minty paste. How would you enjoy using wine vinegar and pumice instead, like the Egyptians did or how about Roman style tooth powders of ground eggshells, bones, crabs, animals hooves and lizard livers mixed with a little honey to make it real tasty? Hippocrates, the famous Greek, cleaned his teeth with a powder of burnt hare's head and three mice.

The wild things people have done through the ages to care for and hang on to their teeth are enough to make your molars ache!! And it's no wonder that so many people have dentures today. In the old days, dentists did not have the bedside manner they do today! And not to mention the dreaded drill they used, without any freezing, as they pumped the drill speed with their foot, creating a less than even spin!! Ouchhhhhhhhhh! It's really no wonder that people were scared to death of dentists!!! They have come a long way since the torture days, thank goodness!! At least when Denturists work on your teeth, you can just take them out and hand them over!!! Much easier!

Creating confident smiles since 1982.

**Alexander Trenton, DD, F.C.A.D. (A)**  
Denturist  
Georgetown Denture Clinic,  
18 Church Street,  
Georgetown, Ontario  
**905-877-2359**

(Across from the Library and Cultural Centre)

**Halton Hills Speech Centre**

211 Guelph St., Ste #5,  
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905-873-8400

www.haltonspeech.com



Karen  
MacKenzie-Stepner

**Q:** I am a teacher and have been having difficulties with my voice lately. I was told that voice problems are common in the teaching profession. Is this true and what can you do for it?

**A:** Elementary and secondary school teachers represent the largest group of professionals who use their voice as a primary tool of trade. Recent epidemiological evidence from the US has confirmed that voice disorders are a common occupational hazard of teaching school, with 11% of teachers reporting a current voice disorder and 58% experiencing a voice disorder during their career. Furthermore, these voice disorders adversely affect job performance and attendance, with 43% of teachers having to reduce classroom activities and 18% of teachers missing work on a yearly basis because of voice-related problems.

One explanation for the increased frequency of voice disorders in teachers relates to the voice demands of teaching school. Our voice is made when our two vocal cords come together and vibrate making sound. The louder the voice, the stronger the vocal cords come together. Think of clanging cymbals. Vocal cord injury can occur if a critical "vibration dose" is exceeded. Many teachers speak loudly for long periods without sufficient time for the vocal cords to recover.

Randomized clinical trials over the last 4 years in the US with voice researchers from several institutions found that teachers who received resonance therapy and/or used a portable voice amplification system had much better results. Resonance therapy involves training the teacher to produce voice with a "forward/frontal tone focus" which accentuates mid-facial vibratory sensations and helps the teacher achieve a strong voice with minimal vocal cord impact stress. For more information and / or to inquire about resonance voice therapy, please call Halton Hills Speech Centre at 905-873-8400.

**IN FOCUS physiotherapy & WellnesCenter Inc.**

324 Guelph St., Georgetown  
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JENNI VENERUZ

**Q:** I woke up feeling like the room was spinning around me. When I saw the doctor he diagnosed me with BPPV. What is this and how can I fix it?

**A:** BPPV stands for Benign Paroxysmal Positional Vertigo. It is a very common problem of the inner ear and can easily be treated by a trained professional. Crystals that are normally contained in a sac in the inner ear can become dislodged and float into the semi circular canals. Here, they stimulate sensors inappropriately and give the sensation of "spinning", or VERTIGO. There are several reasons why this may occur, including head injury, ear infections, stress and age.

The treatment consists of gentle positional changes of the head which will guide the crystals back into their proper location. If done properly, relief should be immediate and only 1-2 treatments should be required.

**... Lend Me Your Ears**

By Cory Soal  
R.H.A.D.

**COUNSELLING THE NEW HEARING AID USER**

The following few tips, if followed correctly, will prolong the benefits and enjoyment of better hearing:

- Do not get the hearing aid wet
- Do not leave the instrument where it is too hot or cold
- Try not to drop the hearing aid
- Do not spray cleaning solution or hair spray on the instrument
- Keep the instrument and batteries out of the reach of small children and especially pets

If any of the above problems do occur, please don't hesitate to call...

The Georgetown  
**HEARING CLINIC**  
*We care about your hearing!*  
Professional Arts Building  
99 Sinclair Ave., Suite 210  
Georgetown  
**(905) 873-6642**

# GLT Youth Company cast excels in The Man Who Came To Dinner

By CYNTHIA GAMBLE  
Staff Writer

Georgetown Little Theatre's Youth Company (GLTYC) opened its final offering of the season with a comedy, *The Man Who Came to Dinner* on Thursday night in the intimate GLT Studio.

The Kaufman and Hart play, directed by Sam Hancock and produced by Cat Heaven, is set in the 1930s and centres around a world-famous radio personality Sheridan Whiteside. After sustaining a hip injury on an icy step he ends up convalescing in the home of Ernest and Daisy Stanley in Mesalia, Ohio. As a consequence of Whiteside's demanding nature and his assorted famous, and sometimes wacky, friends who drop in for visits, the Stanleys' humdrum lives are turned upside down. Romance is in the air when Whiteside's longtime faithful secretary, Maggie Cutler meets local newspaperman Bert Jefferson, but Whiteside schemes to break up the young couple so he can keep his assistant.

This, according to GLTYC press, is the company's first attempt at pure comedy, but you wouldn't have known it from the polished performances of all members of the cast and crew, ranging in age from 14 to 18. Each and everyone contributed to the overall enjoyable show.

But there, of course, were three standouts— Grant Bradshaw, 15, playing the bombastic Whiteside, a tough, central role but he handled it throughout, Nicholas Uffen, who was amusing as man-about-town Beverly Carlton, and Hannah Manierka, 16, playing Maggie Cutler, who easily handled the drama and the comedy and gave the production its strength.

If there was a downside to the production, it was its three-act length, more than two and half hours, but the pleasure of watching youth do what they love— and do it well— more than made up for the hard seats. Take a seat cushion and enjoy.

Performances continue 8 p.m. May 4-7; with a 2 p.m. matinee performance on May 7 at GLT Studio, 33 Stewarttown Rd. Call 905-877-3422 for tickets.



## Royal wedding fever at St. John's

After fierce bidding at St. John's United Church silent auction, six adults enjoyed a champagne breakfast while watching the Royal Wedding on Friday. Arriving at 5 a.m. at the Peasgood home were, from left, Cheryl Broughton wearing a handmade fascinator, Dee Butwell, Caroline Peasgood (the hostess) wearing the hat she wore to a royal garden party at Buckingham Palace in the 1980s and Janet Duval wearing a Dolarama tiara. The Breakfast guests raised about \$250 for the church.

Photo submitted